



SUBJECT: Physical Education

Key Stage 3 Curriculum Content – 2017/18

	<u>Year 7</u>	<u>Year 8</u>
<u>HT</u> <u>1-6</u>	<p>Baseline Fitness Testing x 2 weeks</p> <p>All students will take part in</p> <p style="text-align: center;">DEVELOPING SKILLS, TECHNIQUES AND ROLES IN SPORT</p> <p>Developing new techniques for different skills across the following sports:</p> <p>Netball Football Hockey Rugby Handball Basketball Rounders Tennis Cricket Athletics Swimming</p> <p style="text-align: center;">PERFORMING IN AESTHETIC ACTIVITIES</p> <p>Develop a range of skills/ techniques and perform them in audience based situations. Choice of: Gymnastics Dance Trampolining</p>	<p>All students will take part in:</p> <p>THEORETICAL APPLICATION OF KNOWLEDGE</p> <p>1. Warm-up and Cardiovascular System</p> <p>x1 examination</p> <p style="text-align: center;">DEVELOPING SKILLS, TECHNIQUES AND ROLES IN SPORT</p> <p>Developing new techniques for different skills across the following sports:</p> <p>Netball Football Hockey Rugby Handball Basketball Volleyball Table Tennis Rounders / Softball Tennis Cricket Athletics</p> <p style="text-align: center;">PERFORMING IN AESTHETIC ACTIVITIES</p> <p>Develop a range of skills/ techniques and perform them in audience based situations. Choice of: Gymnastics Dance Trampolining</p>

	<p style="text-align: center;">RANGE OF TACTICS AND STRATEGIES</p> <p>Develop skills and improve performance in competitive sports, using a range of tactics and strategies - choice of:</p> <p>Netball Football Rugby Handball Basketball Rounders Tennis Cricket</p> <p style="text-align: center;">PARTICIPATE IN PROBLEM SOLVING ACTIVITIES CHALLENGES</p> <p>To take part in a range of team building and trust activities in an outdoor setting. Choice of:</p> <p>OAA-orienteeing Team-building activities Roles in sport (coaching) Any activity/sport that involves problem solving</p> <p style="text-align: center;">DEMONSTRATE PERSONAL IMPROVEMENT</p> <p>Improving personal performance through competitive activities focusing on health and fitness:</p> <p>Health related exercise including all competitive sports</p>	<p style="text-align: center;">RANGE OF TACTICS AND STRATEGIES</p> <p>Develop skills and improve performance in competitive sports, using a range of tactics and strategies - choice of:</p> <p>Netball Football Rugby Handball Basketball Volleyball Table Tennis Rounders / Softball Tennis Cricket</p> <p style="text-align: center;">PARTICIPATE IN PROBLEM SOLVING ACTIVITIES CHALLENGES</p> <p>To take part in a range of team building and trust activities in an outdoor setting. Choice of:</p> <p>Roles in sport (coaching) Any activity/sport that involves problem solving</p> <p>Leadership in Sport</p> <p style="text-align: center;">DEMONSTRATE PERSONAL IMPROVEMENT</p> <p>Improving personal performance through competitive activities focusing on health and fitness:</p> <p>Health related exercise including all competitive sports</p>
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